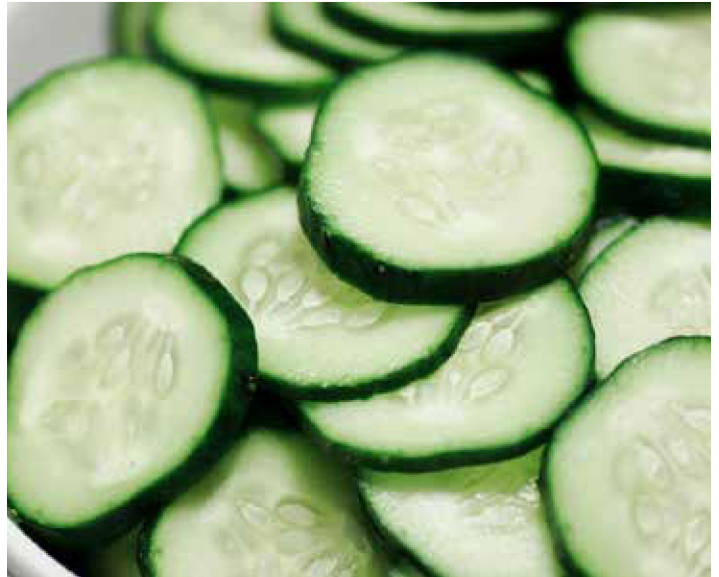


NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



CUCUMBERS WITH SHISO AND BASIL

From the Family Garden's Dig, Plant, Grow program:
Pickle Me - 2013

Serves as many as desired.

Ingredients

1/4 cup 365 Everyday Value® Organic Sugar
1/2 cup 365 Everyday Value® Organic Apple Cider Vinegar
3 tablespoons mirin (substitute rice wine vinegar or
365 Everyday Value® Organic White Distilled Vinegar if
unavailable)
1 tablespoon 365 Everyday Value® Sea Salt
5 Japanese cucumbers, or 2 English cucumbers
8 shiso leaves (or substitute basil)

Instructions

Put sugar, vinegar, mirin, and salt into a non-reactive bowl. Whisk until the sugar and salt are dissolved. Slice cucumbers as thinly as possible. (To seed or not is up to you and what you found at the market. With the skinny Japanese cucumbers or the English version, you should be okay without removing the seeds.) Gather the shiso leaves like a deck of cards, roll into a tube and slice, chiffonade. Add cucumbers and shiso to the marinade and stir. Try to cover the vegetables with the marinade. It's okay if the liquid doesn't cover the cucumbers; they will break down and get smaller as they marinate. Put the mix in the fridge and let marinate for at least 4 hours, mixing periodically. Serve cold.

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